

### **ABSTRACT**

Provided is a shoe having a bottom surface that is adjacent to the ground in normal use and that has at least some indentations, with lower extending  
5 portions between the indentations. A sole forms at least a portion of the bottom surface, and an upper portion extends above the sole. A plurality of small particles is bonded to at least some of the lower extending portions, but at least a portion of the indentations is not coated with such small particles.